

September 2023



Off-site Locations:
 DR - Deep River Recreation Center
 MH - Morehead Recreation Center
 OV - Oakview Recreation Center
 HPAC - Aderholdt Track
 BPGC - Blair Park Golf Course
 WTP - Washington Terrace Park
 AP - Armstrong Park
 Bowling - 309 W. Fairfield Road
 Putt-Putt - 2418 N. Main St.



Mon	Tue	Wed	Thu	Fri
<p>4</p>  <p>Senior Center is closed in observation of Labor Day</p>	<p>5</p> <p>9 a.m. Beginners Ballet \$ 10 a.m. Groovy Feet Chair Dancing with HealthTeam Advantage 10:30 a.m. Senior Class Chorus 11 a.m. Walk With Ease 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 2:30 p.m. Pickleball for Beginners - MH \$ 3 p.m. Mountain Dulcimer Practice 4 p.m. Knitting & Crochet 5:30 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6 p.m. Cheerleading</p>	<p>6</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Walk With Ease 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball</p> 	<p>7</p> <p>9 a.m. Social Bridge 9:30 a.m. Tai Chi Chuan, sponsored by Rehab Without Walls 10 a.m. Bid Whist - WTP 11 a.m. Duplicate Bridge 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All</p>	<p>1 & 8</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Lunch and Learn - Intelligence & Scam Fraud, by City of High Point Community Housing Coalition and Pinnacle Financial (8) 11 a.m. Walk With Ease 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball</p>
<p>11</p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Chair Volleyball 2 p.m. Bowling \$ 6 p.m. Cheerleading Practice - DR</p>	<p>12</p> <p>9 a.m. Beginners Ballet \$ 10 a.m. Groovy Feet Chair Dancing with HealthTeam Advantage 10:30 a.m. Senior Class Chorus 12:30 p.m. Veterans Summer Cookout 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 3 p.m. Mountain Dulcimer Practice 4 p.m. Knitting & Crochet 5:30 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6 p.m. Cheerleading</p>	<p>13</p> <p>8:30 a.m. Boot Camp \$ 9 a.m. Danville Casino Trip \$ 10 a.m. AHOY Exercise 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball</p>	<p>14</p> <p>9 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Duplicate Bridge 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All</p>	<p>15</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Ladies Lunch \$ 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball</p> 
<p>18</p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Chair Volleyball 2 p.m. Bowling \$ 6 p.m. Cheerleading Practice - DR</p>	<p>19</p> <p>9 a.m. Beginners Ballet \$ 10 a.m. Groovy Feet Chair Dancing with HealthTeam Advantage 10:30 a.m. Senior Class Chorus 11 a.m. Healthy Living for Your Brain and Body Series: Alzheimer's Prevention and Care with Activity and Nutrition, sponsored by HealthTeam Advantage 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 2 p.m. Active Living Every Day 3 p.m. Mountain Dulcimer Practice 4 p.m. Knitting & Crochet 5:30 Senior Line Dancing 6 p.m. Chair Volleyball 6:30 p.m. Cheerleading Practice</p>	<p>20</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball</p> 	<p>21</p> <p>9 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Duplicate Bridge 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 2 p.m. Cheerleader Showcase Trip</p>	<p>22</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 1 p.m. Hybrid, Senior Center Month - Senior Play Day, Live Entertainment "Mood Swingz" 2 p.m. Chair Volleyball</p>
<p>25</p> <p>8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Chair Volleyball 6 p.m. Cheerleading Practice - DR</p> 	<p>26</p> <p>9 a.m. Beginners Ballet \$ 10 a.m. West Jefferson and Mountain Home Music Concert Trip \$ 10 a.m. Groovy Feet Chair Dancing with HealthTeam Advantage 10:30 a.m. Senior Class Chorus 11 a.m. Hybrid, Medicare 101 Presentation with Aetna 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 2 p.m. Active Living Every Day 3 p.m. Mountain Dulcimer Practice 4 p.m. Knitting & Crochet 5:30 Senior Line Dancing 6 p.m. Chair Volleyball</p>	<p>27</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Lunch and Learn - Fraud Prevention, sponsored by Oak Street Health 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball</p>	<p>28</p> <p>9 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Duplicate Bridge 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All</p>	<p>29</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball</p> 

October 2023



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Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Annual Senior Health Fair Hybrid Friday, October 27 10 - 11:30 a.m.</p> <p>Please contact the Senior Center at 336.883.3584 for more information.</p> 	<p>3</p> <p>9 a.m. Beginners Ballet \$ 10 a.m. Groovy Feet Chair Dancing with HealthTeam Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 2 p.m. Active Living Every Day 1:30 p.m. Mountain Dulcimer 3 p.m. Mountain Dulcimer II 4 p.m. Knitting & Crochet 5:30 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6 p.m. Cheerleading</p>	<p>4</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Drums Alive Golden Edition \$</p> 	<p>5</p> <p>8:30 a.m. Chair Yoga \$ 9 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 9:30 a.m. Tai Chi Chuan, sponsored by Rehab Without Walls 10 a.m. Bid Whist - WTP 11 a.m. Duplicate Bridge 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All</p>	<p>6</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball 3 p.m. Drums Alive Golden Edition \$</p> 
<p>9</p> <p>8:30 Arthritis Foundation Exercise Program \$ 8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 6 p.m. Cheerleading Practice - DR</p>	<p>10</p> <p>9 a.m. Beginners Ballet \$ 10 a.m. Groovy Feet Chair Dancing with HealthTeam Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 2 p.m. Active Living Every Day 1:30 p.m. Mountain Dulcimer 3 p.m. Mountain Dulcimer II 4 p.m. Knitting & Crochet 5:30 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6 p.m. Cheerleading</p>	<p>11</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Lunch & Learn - Medicare 101, by HealthTeam Advantage 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Drums Alive Golden Beats \$</p> 	<p>12</p> <p>8:30 a.m. Chair Yoga \$ 9 a.m. Wohlfahrt Haus Dinner Theater, Fiddler on the Roof Trip \$ 9 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Duplicate Bridge 11 a.m. Yoga \$ - OV 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All</p>	<p>13</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 11 a.m. Ladies Lunch \$ 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball 3 p.m. Drums Alive Golden Beats \$</p> 
<p>16</p> <p>8:30 Arthritis Foundation Exercise Program \$ 8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 6 p.m. Cheerleading Practice - DR</p> 	<p>17</p> <p>9 a.m. Beginners Ballet \$ 10 a.m. Groovy Feet Chair Dancing with HealthTeam Advantage 10:30 a.m. Senior Class Chorus 11 a.m. Healthy Living for your Brain and Body Series: How Exercise and Activity Can Improve Lung Health by HealthTeam Advantage 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 2 p.m. Active Living Every Day 1:30 p.m. Mountain Dulcimer 3 p.m. Mountain Dulcimer II 4 p.m. Knitting & Crochet 5:30 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6 p.m. Cheerleading</p>	<p>18</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Drums Alive Golden Beats \$</p> 	<p>19</p> <p>8:30 a.m. Chair Yoga \$ 9 a.m. Social Bridge 9:30 a.m. Nancy's Candy Company & Blue Ridge Parkway Trip \$ 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Duplicate Bridge 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All</p>	<p>20</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 3 p.m. Drums Alive Golden Beats \$</p> 
<p>23</p> <p>8:30 Arthritis Foundation Exercise Program \$ 8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 6 p.m. Cheerleading Practice - DR</p>	<p>24</p> <p>9 a.m. Beginners Ballet \$ 10 a.m. Groovy Feet Chair Dancing with HealthTeam Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 2 p.m. Active Living Every Day 1:30 p.m. Mountain Dulcimer 3 p.m. Mountain Dulcimer II 4 p.m. Knitting & Crochet 5:30 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6 p.m. Cheerleading Practice</p>	<p>25</p> <p>8:30 a.m. Boot Camp \$ 10 a.m. AHOY Exercise 1 p.m. Bingo \$ 1 p.m. Mahjong 1:30 p.m. Art Class 2 p.m. Chair Volleyball 3 p.m. Drums Alive Golden Beats \$</p> 	<p>26</p> <p>8:30 a.m. Chair Yoga \$ 9 a.m. Social Bridge 9:30 a.m. Knitting & Crochet 10 a.m. Bid Whist - WTP 11 a.m. Duplicate Bridge 11 a.m. Yoga \$ 1 p.m. Art Class II 1 p.m. Triple Play Canasta 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All</p>	<p>27</p> <p>10 a.m. Annual Senior Health Fair 11:45 Fall Leaf Tour Trip \$ 1 p.m. Putt-Putt \$ 1 p.m. Pinochle 2 p.m. Chair Volleyball 3 p.m. Drums Alive Golden Beats \$</p> 
<p>30</p> <p>8:30 Arthritis Foundation Exercise Program \$ 8:30 a.m. Virtual Morning Exercise Drills 9:30 a.m. Blood Pressure Checks 10 a.m. AHOY Exercise 11 a.m. Yoga \$ 1 p.m. Triple Play Canasta 1 p.m. Legal Aid - by appt. 2 p.m. Bowling \$ 2 p.m. Chair Volleyball 6 p.m. Cheerleading Practice - DR</p> 	<p>31</p> <p>9 a.m. Beginners Ballet \$ 10 a.m. Cultural Chair Dancing with HealthTeam Advantage 10:30 a.m. Senior Class Chorus 1 p.m. Samba Card Game 1 p.m. Pickleball for Seniors - MH 1 p.m. Poetry for All 2 p.m. Active Living Every Day 1:30 p.m. Mountain Dulcimer 3 p.m. Mountain Dulcimer II 4 p.m. Knitting & Crochet 5:30 p.m. Senior Line Dancing 6 p.m. Chair Volleyball 6 p.m. Cheerleading Practice</p> <p>Happy Halloween!</p> 	<p>Drop-in Activities</p> <p>Open Walking, Monday - Friday, 9 a.m. - 4 p.m.</p> <p>Billiards, Monday - Friday, 9 a.m. - 5 p.m.</p> <p>Computer Lab, Tuesday - Friday, 9 a.m. - 5 p.m.</p> <p>Media Center, Monday - Friday, 9 a.m. - 5 p.m.</p> <p>Ping-Pong, Monday - Friday, 9 a.m. - 5 p.m.</p>	<p>Drop-in Activities</p> <p>Open Walking, Tuesdays, 5:30 - 8 p.m.</p> <p>Billiards, Tuesdays, 5 - 8 p.m.</p> <p>Computer Lab, Tuesdays, 5 - 7:45 p.m.</p> <p>Media Center, Tuesdays, 5:30 - 8 p.m.</p> <p>Ping-Pong, Tuesdays, 5 - 8 p.m.</p>	